



Take a moment to complete the survey below by Friday, August 3, 2007.

1. How many points did you earn in week 7?

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2. How many points have you earned since you began SummerFit?

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3. Did you pack a meal from home at least one day last week?

() Yes

() No

4. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

SummerFit - Week 8

As you begin the final week of SummerFit, take some time to reflect on the changes you have made over the past eight weeks. Each weekly message contained one simple idea for you to incorporate into your daily life. As you move forward, see how many of these healthy habits you can continue to incorporate each day. The pay off will come in improved quality of life and better long-term health.

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- [Forwarding SummerFit e-mail to a friend](#) – 2 points
- Completing the "Weekly Bonus" – 10 points



INShape Indiana Success!

Be inspired by your fellow SummerFit participants by reading their comments below.

I have lost 32 pounds since February and most of my motivation has come from the INShape Indiana program. It's given me something to strive for, a new perspective on my weight loss efforts, and made it more fun. -Amy, Marion County

My success is that I've made eating healthy and exercise a part of my everyday life. -Judy, Blackford County

I just pumped up the tires on my old bike and started cruising the neighborhoods like a kid again. Thirty minutes of exercise becomes an adventure not a workout. The health benefit is totally for the spirit! -Neal, Tippecanoe County

I started trying to eat healthier and trying to exercise more in March of this year and have lost over 30 pounds and went down about 3 pant sizes. My overall health is great and I feel better and have more energy. -Trish, Posey County

A Healthier Indiana State Fair

This year, the Indiana State Fair has made the switch to oils without trans fat at all concession areas on the fairgrounds. This is just one of several ways you can make better food decisions at a festival known for its temptations.



In addition, First Lady Cheri Daniels is hosting the Heartland Walk for Health on Saturday, August 11, 2007. Registration is complimentary, easy, and can be found by visiting <http://www.kenlongassoc.com/heartland07.htm>.

After the walk, stop by Governor Daniels SummerFit Plaza between 10:00am and 8:00pm for your chance to pick up the new INShape Indiana t-shirt for your successful participation in the SummerFit program. Simply bring your tracking sheet to the SummerFit Plaza on Saturday, August 11, 2007, located on the east side of the grandstand to receive your t-shirt and take part in a celebration of your success.





Weekly Bonus

This week's bonus points can be earned by taking an alternative transportation method at least once this week.

We rely on personal vehicles for the majority of travel in Indiana. Cars, trucks, SUVs, and motorcycles provide an incredibly convenient way to get around and accomplish our daily goals. Traveling in this manner however, fails to provide the physical activity that our bodies need to stay healthy and fit. Convenient travel forces us to set aside time in our busy schedules to get the exercise our bodies need. Or does it?

When physical activity is made to be a part of your daily transportation, the health benefits that follow become second nature.

- Ride your bike - A fun and easy way to start your day, biking to work can be done by utilizing roadways and trails. Even public transportation is accomodating to bicyclists as most buses are equiped to carry bicycles for those who live too far away to bike the whole route. Bicycle parking is convenient at many of Indiana's buildings, some even include fully secure bike lockers called bike ports.
- Walk - Walking is the simplest single way to get your daily physical activity. By walking to work, the store, or to other community locations you are strengthening your heart and improving your long term quality of life. Live too far away? No problem. Simply park 15 minutes from your destination and walk the rest of the way in.

This week, take an alternative method to reach your destination. Break out your walking shoes or hop on your bike for a fun and easy way to increase your activity. It's good for the environment and it is good for you! **Don't forget to award yourself 10 bonus points for completing this activity.**

SummerFit Tracking Sheet

Keep track of your points with this printable tracking sheet

[Download here](#)

Do you know someone who could benefit from SummerFit?

Forward
to a Friend >

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